



Land Aerobics



Lehi Legacy Center
123 N Center St.
801-768-7124

LEHI LEGACY CENTER LAND AEROBICS

Legacy Center - Group Exercise Schedule – Winter 2011

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00 AM	MUSCLE MIX Tina	* CYCLE Danny	PUMP Lezlie	* CYCLE Nita	MUSCLE MIX Nita	
No. Gym 5:00 AM	ZUMBA® Shelly	6:00 AM SUNRISE YOGA Multi-purpose room #1 Cami	TURBO KICK® Tina	6:00 AM SUNRISE YOGA Multi-purpose room #1 Cami	BOOT CAMP Marci	
* AERO. RM.*	* CYCLE Jenn	MUSCLE MIX Tina	ZUMBA® Kris	MUSCLE MIX Rachel	* CYCLE Greg	
6:00 AM	TURBO KICK Tina	HIP HOP HUSTLE™ Chelsi			JUMP & CRUNCH Marci	7:00 AM * CYCLE Danny
No. Gym 6:00 AM	1/2 HOUR AB ATTACK Carrie	8:15 AM *CYCLE Susan	1/2 HOUR AB ATTACK Mia	8:15 AM *CYCLE Carrie	1/2 HOUR AB ATTACK Amy	8:15 AM MUSCLE MIX Amy
9:00 AM	KICKBOX COMBO Carrie	MUSCLE MIX Aimee	STEP CARDIO Amanda	* PUMP MIX Becky	CARDIO CIRCUIT Lisa	9:20 AM *ZUMBA® Jessica
9:30 AM	* TREAD & ABS Lezlie		* TREAD & STRETCH Mia		* TREAD & SCULPT Carrie	
	KID FITNESS** Melanie	KID FITNESS** Marci	KID FITNESS** Melanie	KID FITNESS** Melanie	KID FITNESS** Jessica	Check out the class schedule for THE FACTORY down below. Classes are FREE with your membership
9:30 AM	SENIOR FITNESS Lezlie	SilverSneakers® MuscularStrength Susan	SENIOR FITNESS Amanda	SilverSneakers® Muscular Strength Amy	SENIOR FIT. Zumba Gold® Shelly	
10:30 AM	* CYCLE Lari		* CYCLE Jenn			
6:00 PM	* PUMP Aimee	STEP INTERVAL Aimee	TURBO KICK® Amanda	* CYCLE Lari		
7:00 PM	YOGA I/II Amara	YOGA II Cami	YOGA I/II Jody	* ZUMBA® Margaret		
8:00 PM		ZUMBA® Laura				
9:00 PM						1 1/2 hr. CYCLE 1st Saturday of each month 6:30 – 8:00 am

Back-to-Back classes are 55 minutes long. The Senior classes are 45-minutes classes

THE FACTORY – 4425 North Thanksgiving Way, Lehi-GROUP EXERCISE SCHEDULE

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM	R.I.P.P.E.D.™ Tasha	ZUMBA® Margaret	CORE X- TRAINING Kassie	TURBO KICK® Tina	R.I.P.P.E.D.™ Tasha	8:00 AM TURBO KICK® Kristi/Tina
7:00PM		TURBO KICK® Katie		HIP HOP HUSTLE™ Heidi	Classes held at THE FACTORY are FREE with your Legacy Center Membership!!!	

* Fee and/or check-in required at front desk

Schedule subject to change without notice

Each class is designed to maximize results while enhancing physical and mental fitness levels.

QUICK FACTS

What Aerobic Classes

Where Lehi Legacy Center (Aerobic Room & The Factory)

Who All Welcome!!!

Fees Member.....Free (*Kid Fitness - \$2.50 1st child, \$1.50 additional)

Non-Members...Aerobic Classes \$3.....Cycling \$3

*MEMBER ONLY CLASSES ARE FROM 5-8am and 9-11pm

INFORMATION

For more information contact Legacy Front Desk @ 801-768-7124